



SHAKE 'N BAKE Coconut Shrimp

 Gluten Free  Dairy Free  Low Fod Map

READY IN



27 min.

SERVINGS



27

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp curry powder
- 1 eggs
- 0.7 cup baker's angel flake coconut toasted
- 0.3 tsp ground pepper red (cayenne)
- 1 lb shrimp with tails left on, deveined uncooked peeled
- 2 Tbsp water
- 1 pkt. shake 'n bake chicken coating mix

Equipment

- baking sheet
- oven
- whisk

Directions

- Heat oven to 400F.
- Combine first 4 ingredients in pie plate; set aside.
- Whisk egg and water in separate pie plate until blended.
- Dip shrimp, 1 at a time, in egg, then in coconut mixture, turning to completely coat both sides of each shrimp with egg before coating with coconut mixture; place on baking sheet sprayed with cooking spray. Press coating mixture firmly onto shrimp to secure.
- Bake 10 to 12 min. or until shrimp are done.

Nutrition Facts

PROTEIN 39.54% **FAT 57.99%** **CARBS 2.47%**

Properties

Glycemic Index:1.37, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.9956521676934%

Nutrients (% of daily need)

Calories: 91.41kcal (4.57%), Fat: 5.86g (9.01%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.16g (0.18%), Cholesterol: 54.27mg (18.09%), Sodium: 42.93mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.97%), Vitamin B3: 1.94mg (9.68%), Phosphorus: 85.28mg (8.53%), Selenium: 4.97µg (7.09%), Vitamin B6: 0.11mg (5.45%), Copper: 0.1mg (4.9%), Zinc: 0.66mg (4.41%), Manganese: 0.07mg (3.62%), Magnesium: 13.83mg (3.46%), Potassium: 112.8mg (3.22%), Vitamin B5: 0.3mg (2.99%), Vitamin B2: 0.04mg (2.57%), Iron: 0.46mg (2.57%), Vitamin B12: 0.1µg (1.7%), Calcium: 15.73mg (1.57%), Fiber: 0.37g (1.48%), Vitamin B1: 0.02mg (1.27%), Vitamin A: 55.96IU (1.12%)